

My Family Cookbook



BY: VANESSA

Introduction

hello there!

.....

There are 4 members in total in my family; my mom, my dad, my sister, and myself. The three most relevant meal planning factors applicable to my family are special diets, likes and dislikes, and allergies. My mom has the most dietary restrictions and needs to be very careful with her food choices as she feels unwell after consuming dairy products and certain oils like sunflower and safflower oil. The rest of the family also seems to have some intolerance to dairy products so we tend to use soy milk or almond milk and buy products that don't contain dairy. Most of the recipes I have chosen to include don't require the use of milk products, and for those that do, it can be easily adjusted so that a substitute can be used instead. In terms of likes and dislikes, we try to eat relatively clean and avoid deep fried or very oily, fatty foods. Many of the dishes we make are influenced by our cultural background as well and are considered comfort foods that are familiar and enjoyable for us. I chose multiple Asian style dishes as well as a dish that has been passed down my parent's families to accommodate to this factor. The last meal planning factor is allergies; I'm the only one who has a food allergy which is to mangoes. My parents always prepare fruits to have before dinner so that means mangoes are never a choice and is never used in other meals.



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MEAL #1

Korean Stir Fry Glass Noodles

Dairy Free Garlic Bread

Fruit Salad

Korean Stir Fry Glass Noodles

PREP: 2h

COOK: 20m

4 SERVINGS

INGREDIENTS:

- 200g Korean Glass Noodles
- 8 dried shiitake mushrooms or 3/4 cup fresh shiitake mushrooms, sliced
- 1 cup carrots, julienned
- 1 small onion, thinly sliced
- 6 green onions (4 onion into 2 inch lengths, 2 chopped)
- 1 cup fresh wood ear mushrooms
- 2 tbsp vegetable oil
- 8oz ground beef

MEAT MARINADE:

- 2 tsp dark soy sauce/soy sauce
- 1 tsp rice wine
- 1 tsp garlic, chopped
- 1 tsp sugar
- 1/2 tsp sesame oil
- dash of black pepper

SAUCE:

- 3 tbsp dark soy sauce
- 1 tbsp + 1 tsp sugar
- 1 tbsp rice wine/mirin
- 1 tbsp sesame seeds
- 1 tbsp sesame oil
- 2 tbsp shiitake mushroom water



INSTRUCTIONS:

1. Soak noodles and any dried mushrooms in room temp. water for 2- 3 hours or overnight.
2. Clean and cut other vegetables: julienne carrots, onions and cut green onions into similar lengths as carrots and onions.
3. Rinse and clean the mushrooms. When cleaning wood ear mushrooms, make sure the bottom part are free of dirt and white matter by rubbing all of it off with your fingers.
4. Drain and squeeze any excess water from shiitake mushrooms. Save 2 Tbs of mushroom water for later. Squeeze mushrooms just enough so that mushrooms are not dripping water.
5. Cut shiitake mushrooms into thin slices. Cut wood ear mushrooms into bite size pieces (size of quarters).
6. Marinate meat with the meat marinade.
7. Make sauce for Japchae by mixing everything in a bowl except water. Set aside.
8. Drain glass noodles and set aside.
9. Heat 2 Tbs of vegetable oil on medium high heat in a wok or deep stir-fry pan and stir-fry chopped green onions for 30 seconds or until cooked but not browned.
10. Add marinated Shiitake mushrooms to pan and stir-fry for 30 seconds.
11. Add carrots, onions and wood ear mushrooms and stir-fry for about 2 minutes. Season lightly with salt (1/8 tsp) and pepper (1/8 tsp). Vegetables should not be fully cooked.

12. Add 2 Tbs Shitake mushroom water and stir-fry until noodles are fully cooked (transparent) but still al dente.
13. Add Japchae sauce to pan and stir-fry for another 2 minutes or so until the sauce is fully absorbed. Quickly taste noodles along with vegetables. Adjust seasoning to taste.
14. When noodles and vegetables are all cooked, turn off heat.
15. Immediately, add green onions to pan and toss. Sprinkle sesame seeds and another drizzle of sesame oil before serving.

Dairy Free Garlic Bread

PREP: 10m

COOK: 10m

16 SLICES

INGREDIENTS:

- 2 large garlic bulbs
- 1/2 cup plus 2 tablespoons olive oil, divided
- 1/4 cup fresh basil, optional, or parsley
- 1/2 teaspoon salt, plus more to taste
- Dash red pepper flakes, optional
- 1 loaf Italian bread

INSTRUCTIONS:



1. Preheat the oven to 400°F.
2. Remove one garlic clove from one of the bulbs and set it aside.
3. Cut the tops off of your garlic bulbs, then arrange each on a sheet of foil. Drizzle each with a tablespoon of olive oil, then loosely enclose in the foil.
4. Roast the garlic until the cloves are soft and browned.
5. Remove the garlic from the oven, loosen the foil, and allow the bulbs to cool for a few minutes. Leave the oven on.
6. When the garlic is cool enough to handle, squeeze the bulbs to extract the roasted garlic. It will be super soft.
7. Place the roasted garlic into the bowl of a food processor (preferably a mini one - see note), along with the raw garlic clove, 1/2 cup of olive oil, and salt. Blend until smooth.
8. Add the basil and pulse the food processor until it is finely chopped.
9. Taste test and season with red pepper flakes and additional salt if you like.
10. Slice the loaf of bread in half, lengthwise, then slather the cut side of each half with the roasted garlic mixture.
11. Place the loaves into the oven, directly on the rack, cut side up. Bake for 10 minutes or until crispy. Optionally, place the loaves under the broiler for 1-2 minutes at the end of baking.

Fruit Salad

PREP: 20m

INGREDIENTS:

- 1 lb. strawberries quartered
- 1 cup fresh blueberries
- 2 cups diced mangoes about 2 large mangoes
- 6 ounces fresh raspberries
- 6 ounces fresh blackberries

GLAZE:

- 1/4 cup honey
- 2 teaspoons orange zest
- 1 tablespoon orange juice



INSTRUCTIONS:

1. Cut all fruit as directed above. Combine all of the fruit into a large mixing bowl and toss together.
2. Make glaze; in a small mason jar or cup with lid combine honey, orange zest and juice. Screw on lid and shake well to combine.
3. Drizzle over salad and toss to combine. Serve and enjoy immediately.

Allergies: Since I can't have mangoes, I would have to alter the recipe so that mangoes would not be included in the meal, but some other type of fruits would be instead.

Likes + Dislikes: My family enjoys Korean cuisine so the noodle dish is something from their culture that we like to eat.

Special diets: I chose a dairy free garlic bread recipe because of my family's dietary restrictions regarding dairy.

MEAL #2

Spaghetti With Meat Sauce

Sautéed Spinach

Spaghetti With Meat Sauce

PREP: 10m

COOK: 30m

6 SERVINGS

INGREDIENTS:

- 1 lb al dente cooked pasta
- 1 lb (450 g) lean ground beef
- 3 cups (750 mL) sliced mushrooms
- 2 stalks celery, chopped
- 2 garlic cloves, minced
- 1 chopped onion
- 1 tbsp (15 mL) dried Italian herb seasoning
- 1/4 tsp (1 mL) dried red pepper flakes

- 1/4 tsp (1 mL) dried red pepper flakes
- 1 1/2 cups (375 mL) Milk
- 1 can (28 oz/796 mL) diced tomatoes
- 1 can (5 1/2 oz/156 mL) tomato paste
- 1 tsp (5 mL) salt
- 1 tsp (5 mL) pepper
- 1/2 cup (125 mL) freshly grated Canadian Parmesan cheese

INSTRUCTIONS:

1. In large saucepan, brown beef over medium-high heat; drain off excess fat.
2. Add mushrooms, celery, garlic, onion, herb seasoning, and red pepper flakes; cook until mushrooms are browned.
3. Add **milk** and bring to boil; reduce heat and boil gently until most of the liquid is absorbed.
4. Add tomatoes and tomato paste; bring to boil.
5. Reduce heat and simmer for about 10 min or until slightly thickened. Stir in salt and pepper.
6. To serve, spoon or toss sauce over 1 lb (450 g) of *al dente* cooked pasta. Sprinkle with **Canadian Parmesan cheese**.

Sautéed Spinach

PREP: 5m

COOK: 5m

4 SERVINGS

INGREDIENTS:

- 2 large bunches of spinach, about 1 lb
- Olive oil, extra virgin
- 3 cloves garlic, sliced
- Salt to taste



INSTRUCTIONS:

1. **Clean and prep the spinach:** Cut off the thick stems of the spinach and discard. Clean the spinach by filling up your sink with water and soaking the spinach to loosen any sand or dirt. Drain the spinach and then repeat soaking and draining. Put the spinach in a salad spinner to remove any excess moisture.
2. **Sauté garlic:** Heat 2 Tbsp olive oil in a large skillet on medium high heat. Add the garlic and sauté for about 1 minute, until the garlic is just beginning to brown.
3. **Add spinach to pan:** Use a couple spatulas to lift the spinach and turn it over in the pan so that you coat more of it with the olive oil and garlic. Do this a couple of times. Cover the pan and cook for 1 minute. Uncover and turn the spinach over again. Cover the pan and cook for an additional minute.
4. **Remove from pan and drain excess liquid:** After 2 minutes of covered cooking the spinach should be completely wilted. Remove from heat.
5. Drain any excess liquid from the pan. Add a little more olive oil, sprinkle with salt to taste. Serve immediately.

Likes + Dislikes: It's more interesting to have a variety of different cuisines and since my family usually makes similarly styled dishes, having spaghetti from an Italian cuisine would make things more fun.

Special diets: In the spaghetti recipe, it calls for normal milk, but because my family can not have milk, it will have to be substituted for soy milk or another type of milk.

MEAL #3

Tofu Stuffed With Meat

Stir Fry Cabbage

Rice

Tofu Stuffed With Meat

PREP: 20m

COOK: 15m

4 SERVINGS

INGREDIENTS:

- 1 50g fried tofu
- 1 lb ground pork
- 1 small onion, minced
- 2 tbsp + 1 tbsp soy sauce (tamari)
- 1 tbsp + 1 tsp corn starch
- White pepper, to taste
- Salt, to taste
- 1 1/2 tsp sugar
- 1 tsp sesame oil
- 1 tbsp oyster sauce
- 1/2 cup water

INSTRUCTIONS:

1. Combine the ground pork with onion and marinate with 2 tbsp soy sauce, sesame oil, 1 tsp sugar, salt, pepper, and 1 tbsp cornstarch.
2. Cut fried tofu balls in half. Stuff pork in each pocket until it is level.
3. Lightly grease a non-stick pan and cook on medium heat, 5 mins. Turn halfway until they are slightly browned.
4. Add water and simmer for another 5 minutes with the lid on.
5. Combine oyster sauce, remaining soy sauce, remaining corn starch, salt, remaining sugar, and water. Pour mixture in and simmer for another 5 minutes. Cover with lid.
6. Taste test the dish and adjust flavour as needed. Serve immediately.

Perfectly Fluffy Rice

PREP: 5m

COOK: 25m

4 SERVINGS

INGREDIENTS:

- Rice
- Water
- Salt

INSTRUCTIONS:



1. **Boil water and add salt:** For every cup of rice, use 1 3/4 cups of water. Pour water into a large saucepan with a tight lid. Bring to boil. Mix 1 tsp of salt into water.
2. **Pour in rice:** Add rice to the boiling water.
3. Use a wooden spoon to separate clumps. Do not over stir, it can cause the rice to get sticky.
4. Cover the pot and let the rice simmer. Turn down the heat to its lowest setting. Let rice simmer for 18 mins, then remove from heat and let rice steam for another 5 mins. Fluff rice with a fork and serve.

Stir Fry Cabbage

PREP: 5m

COOK: 5m

4 SERVINGS

INGREDIENTS:

- 2 tsp canola oil
- 1 small onion, sliced
- 1 clove garlic, minced
- 1 tsp minced ginger

- 1 head napa cabbage (cleaned + sliced)
- 2 tbsp soy sauce
- 1 tbsp rice vinegar
- 2 tsp toasted sesame oil



INSTRUCTIONS:

1. In a large sauté pan over medium-high heat, add the canola oil and heat.
2. Add the onion, garlic and ginger and sauté, stirring, for 1 minute.
3. Add the cabbage and cook until just starting to wilt, about 2 minutes.
4. Add the soy sauce and rice vinegar and stir well and cook just until cabbage is wilted, about 3 minutes.
5. Remove from heat and drizzle with the sesame oil. 1/2 cup frozen peas, thawed

Likes + Dislikes: The stuffed tofu is a dish that has been passed down from my mother's side of the family. She grew up eating this and my sister and I have too. It is a dish we make a lot and really enjoy eating together.

MEAL #4

Fried Rice

Chinese Broccoli (Gai Lan)

Fried Rice

PREP: 5m

COOK: 5m

4 SERVINGS

INGREDIENTS:

- 3/4 finely chopped onion
- 2 1/2 tbsp oil
- 1 egg, lightly beaten
- 3 drops soy sauce
- 3 drops sesame oil
- 8 oz cooked lean boneless pork, chopped

- 1/2 cup finely chopped carrot
- 1/2 cup frozen peas, thawed
- 4 cups cold cooked rice, grains separated
- 4 green onions, chopped
- 2 cups bean sprouts
- 2 tbsp light soy sauce



INSTRUCTIONS:

1. Heat 1 tbsp oil in wok; add chopped onions and stir-fry until onions turn a nice brown colour, about 8-10 minutes; remove from wok. Allow wok to cool slightly.
2. Mix egg with 3 drops of soy and 3 drops of sesame oil; set aside.
3. Add 1/2 tbsp oil to wok, swirling to coat surfaces; add egg mixture; working quickly, swirl egg until egg sets against wok; when egg puffs, flip egg and cook other side briefly; remove from wok, and chop into small pieces.
4. Heat 1 tbsp oil in wok; add selected meat to wok, along with carrots, peas, and cooked onion; stir-fry for 2 minutes.
5. Add rice, green onions, and bean sprouts, tossing to mix well; stir-fry for 3 minutes.
6. Add 2 tbsp of light soy sauce and chopped egg to rice mixture and fold in; stir-fry for 1 minute more; serve.

Chinese Broccoli

PREP: 10m

COOK: 5m

6 SERVINGS

INGREDIENTS:

- 2 bunches Chinese broccoli, washed
- 1/4 cup oyster sauce
- 1 garlic clove, crushed
- 1 1/2 tbsp light soy sauce
- 1 tsp caster sugar
- 1 tbsp vegetable oil
- 2 tsp sesame oil



INSTRUCTIONS:

1. Cut the gai lan stems from the leaves. Cut the stems in half lengthways. Cut the leaves in half crossways.
2. Combine the oyster sauce, garlic, soy sauce and sugar in a small bowl, and stir until the sugar dissolves.
3. Cook the gai lan stems and leaves in a large saucepan of boiling water for 2-3 minutes or until bright green and tender crisp. Refresh under cold running water. Drain. Transfer to a serving platter.
4. Heat the vegetable oil and sesame oil in a saucepan over high heat for 30 seconds. Pour over the gai lan. Drizzle over the oyster sauce mixture and serve.

Likes + Dislikes: These foods are comfort foods from our culture and give a sense of warmth and happiness when we eat them.

Special Diets: The types of oil and other ingredients used fit into my family's special diets and restrictions.

MEAL #5

Top Sirloin with Onions and Carrots

Pasta with Garlic and Oil

Top Sirloin with Onions and Carrots

TIME: 1h

7 SERVINGS

INGREDIENTS:

- 4 slices bacon
- 4 small onions, peeled and sliced
- 8 small carrots, halved lengthwise
- 4 small red potatoes, cut
- 1/2 cup beef broth
- 1/4 cup beer, dark beer, or beef broth
- 1 tbsp brown sugar
- 1 tsp dried thyme, crushed
- 1 1/4 pounds boneless beef top sirloin steak
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

INSTRUCTIONS:

1. Cook bacon over medium heat in skillet. Remove from skillet and drain bacon on paper towels. Drain all but 1 tbsp of drippings.
2. In a skillet, brown onions on both sides and remove, set aside. Add carrots and cook 5 mins or until light brown, turning occasionally. Remove skillet. Add potatoes, broth beer, brown sugar and half the dried thyme. Return onions to skillet and bring skillet to stove.
3. Bring to boiling; reduce heat. Simmer, covered, for 30-35 mins or until veggies are tender.
4. Preheat boiler. Season beef with remaining dried thyme, salt pepper. Place meat on unheated rack of boiler pan. Broil 4-5 inches from heat for 25-27 minutes for medium rare and longer for medium, turning once halfway through broiling. Cut into 4 pieces.
5. Remove veggies from skillet. Gently boil juices until thickened. Divide steak, vegetables, bacon. Serve.

Pasta with Garlic and Oil

COOK: 10m

4 SERVINGS



INGREDIENTS:

- 1 pound spaghetti
- Salt
- 6 tablespoons extra-virgin olive oil
- 12 garlic cloves, minced
- 3/4 teaspoon red pepper flakes
- 3 tablespoons chopped fresh parsley
- 2 teaspoons lemon juice
- 1 ounce Parmesan cheese, grated (1/2 cup)

INSTRUCTIONS:

1. Bring 4 quarts water to boil in large pot. Add pasta and 1 tablespoon salt and cook, stirring often, until al dente. Reserve 1/3 cup cooking water, then drain pasta.
2. Meanwhile, heat 3 tablespoons oil, two-thirds of garlic, and 1/2 teaspoon salt in 10-inch nonstick skillet over low heat. Cook, stirring constantly, until garlic foams and is sticky and straw-colored, about 10 minutes. Off heat, add remaining garlic, pepper flakes, parsley, lemon juice, and 2 tablespoons reserved cooking water.
3. Transfer drained pasta to warm serving bowl. Add garlic mixture, remaining 3 tablespoons oil, and remaining reserved cooking water to pasta and toss to combine. Season with salt to taste and serve immediately, passing Parmesan separately.

Likes + Dislikes: The sirloin is an extravagant and special meal that my family all enjoys as a treat.

Special Diets: The pasta recipe calls for grated cheese, but it will be left out because of our intolerance for dairy products.

RECIPE ADAPTATIONS

RECIPE CHANGE

For the "Fruit Salad" recipe, it included mango as an ingredient, which I am allergic to. This is something that I would have to change because of my allergy and it would be changed by removing mango as an ingredient and replacing it with something else. In this case, I actually made the fruit salad and took mango out, putting grapes instead, around the same amount. This is important to do because if not, it could be very dangerous for me if I get an allergic reaction to the mango.

SUBSTITUTION

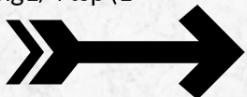
For the Korean glass noodle recipe, readers may not have all the ingredients such as the shiitake mushroom or the wood ear mushrooms. To substitute an ingredient in, one could use a different type of mushroom for the shiitake, and another kind of vegetable for the wood ear if it is unavailable. Both of these ingredients could be substituted directly without changing the quantities. In this case, for the 3/4 cups of shiitake mushroom, I would substitute it with 3/4 cups of another type of mushroom like Cremini mushrooms. For the wood ear, it would replace it with 1 cup of another vegetable such as broccoli.

YIELD CHANGE

For the spaghetti recipe, it yield 6 servings, which is a bit much for my family with 4 people, so I would change all the ingredient amounts to 2/3 of the original.

ORIGINAL (6 servings)

- 1 lb al dente cooked pasta
- 1 lb (450 g) lean ground beef
- 3 cups (750 mL) sliced mushrooms
- 2 stalks celery, chopped
- 2 garlic cloves, minced
- 1 chopped onion
- 1 tbsp (15 mL) dried Italian herb seasoning
1/4 tsp (1 mL) dried red pepper flakes
- 1/4 tsp (1 mL) dried red pepper flakes
- 1 1/2 cups (375 mL) Milk
- 1 can (28 oz/796 mL) diced tomatoes
- 1 can (5 1/2 oz/156 mL) tomato paste
- 1 tsp (5 mL) salt
- 1 tsp (5 mL) pepper
- 1/2 cup (125 mL) freshly grated Canadian Parmesan cheese



CHANGE (4 servings)

- 0.6 lbs al dente cooked pasta
- 0.6 lbs lean ground beef
- 2 cups sliced mushrooms
- 1 1/3 stalks celery, chopped
- 1 1/3 garlic cloves, minced
- 2/3 chopped onion
- 2/3 tbsp (15 mL) dried Italian herb seasoning
1/4 tsp (1 mL) dried red pepper flakes
- 1/6 tsp dried red pepper flakes
- 1 cup Milk
- 2/3 can (28 oz/796 mL) diced tomatoes
- 2/3 can (5 1/2 oz/156 mL) tomato paste
- 2/3 tsp (5 mL) salt
- 2/3 tsp (5 mL) pepper
- 1/3 cup (125 mL) freshly grated Canadian Parmesan cheese

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WORK PLAN

KOREAN GLASS NOODLES:

Washing, preparing, cutting vegetables = 30 minutes
Marinate beef = 2 minutes
Cook vegetables = 10 minutes
Cook noodles = 7 minutes
Preparing sauce = 2 minutes
Cooking noodles + vegetables = 5 minutes

GARLIC BREAD:

Roast garlic = 10 minutes
Combine ingredients in food processor = 1 minute
Put mixture onto bread = 2 minutes
Heat in oven = 10 minutes

FRUIT SALAD:

Wash, prepare, cut all fruits = 15-20 minutes
Make glaze = 5 minutes
Mix and serve = 2 minutes

SHOPPING LIST

Ingredients at home:

GLASS NOODLES:

- Korean glass noodles
- Mushrooms
- Carrots
- Onions
- Green Onion
- Broccoli
- Vegetable oil
- Soy sauce
- Rice wine
- Garlic
- Sesame Oil
- Salt + Pepper
- Sugar
- Sesame Seeds
- Ground Beef

FRUIT SALAD:

- Honey

GARLIC BREAD:

- Garlic
- Olive Oil

Grocery List:

FRUIT SALAD:

- Strawberries
- Blueberries
- Oranges
- Kiwis
- Grapes

GARLIC BREAD:

- Italian bread
- Fresh basil

Meal #1

CHOSEN MEAL: Meal #1



Image 1: Stir frying vegetables for Korean Noodles dish.

Image 3: Setting the table.



Image 2: Completed meal with noodles, garlic bread, and fruit salad.

Image 4: Serving the food.